

Management of Pediatric Health in Primary Care: A Pediatrician's Guide to Obsessive-Compulsive Disorder

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12:00 – 1:00 PM

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Access and Attendance Process

1. **First Time Users:** Register at <https://cpd.education.bcm.edu/> and Verify Phone Number
2. Register for link to access the presentation: <https://forms.office.com/r/2pWUNgvifT>



Overview: Pediatricians and primary care providers (PCPs) are the first-line clinicians for children, adolescents, and young adults. The prevalence of psychiatric disorders within this population is high, with depression, anxiety and ADHD being most common. The morbidity and mortality of these disorders is significant; however, they remain under-treated. Given the limitations of referral to specialty care, PCPs are tasked with managing these illnesses. Both in our experience working in a consultation center and based on the literature, PCPs face many barriers to doing so, including limitations in knowledge about and comfort in prescribing psychiatric medications.

Pediatric Obsessive-Compulsive Disorder (OCD) often goes undiagnosed or misdiagnosed, leading to missed opportunities for effective treatment. Accurate identification and evidence-based management of OCD pose several unique challenges for the primary care clinician, including lack of knowledge about its common presentations in youth, limited availability of treatment providers, and high rates of comorbidity with other psychiatric conditions. Knowledge of evidence-based psychopharmacology for OCD is one of the crucial aspects of evidence-based treatment for this disorder. Primary care clinicians may be faced with initiating or continuing treatment for OCD.

Objectives: At the conclusion of the session, the participants should be able to:

- Identify obsessive-compulsive disorder in children and adolescents using the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders, 5th edition (DSM-5) criteria.
- Describe evidence-based treatment for OCD including pharmacotherapy (SSRIs) and psychotherapeutic interventions (ERP, Family CBT).
- Utilize SSRIs to implement evidence-based pharmacologic treatments for OCD.
- Discuss how to appropriately manage related side effects of SSRIs.

Target Audience: Pediatricians and primary care providers (family practitioners, NPs, PAs) who treat children and adolescents in the outpatient setting.

Educational Methods: Lecture

Activity Evaluation: Participants may be asked to complete a session evaluation.

Accreditation/Credit Designation: Baylor College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Baylor College of Medicine designates this live activity for a maximum of 1.0 *AMA PRA Category 1 Credit*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



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